

## ABSTRACT OF THE DISCLOSURE

An ink jet recording method for recording on an ink jet recording medium including a support and a colorant receiving layer provided on the support having a porous structure containing at least polymer fine particles, using an ink composition including a colored fine particle dispersion containing at least one kind of hydrophobic dye, at least one kind of hydrophobic polymer and at least one kind of organic solvent having a high boiling point, wherein a void volume per unit thickness (A/B) of the colorant receiving layer calculated by dividing a void volume A ( $\times 10^{-5}$  ml/cm<sup>2</sup>) of the colorant receiving layer at a void diameter equal to a particle size of the polymer fine particles obtained from a pore distribution curve by a nitrogen gas adsorption method, by a dry film thickness B ( $\mu$ m) of the colorant receiving layer is 2.0 ( $\times 10^{-5}$  ml/cm<sup>2</sup>/ $\mu$ m) or more.